

Carlisle Connection



December
2014
Serving
Carlisle's 60+
Community



COA Official Town website: www.carlislema.gov
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings Everyone, If you haven't done so yet, please check out all of the cool information related to the Friends of the Carlisle Council on Aging on the following pages.

Have you ever wanted to learn about Rembrandt or Goya? Or, perhaps you're interested in hearing about Cognitive Aging? The Friends of the COA along with the Gleason Public Library are sponsoring Art Education and Health Series' in March and April. See page 3 for details.

Finally, do you ever wonder what the heck the COA actually does? Check out our *Did you know/Outreach with Angela* section on page 6 or explore the rest of the newsletter for more good stuff. Happy Holidays to All!

Yours, David



About the Fountain Pen

From Elizabeth Wein's wonderful book:
Code Name Verity



"The ballpoint pen was invented by Laszlo Biro, a Hungarian journalist who fled to Argentina to escape the German occupation of Europe. In 1943 he licensed his invention to the RAF, and the first ballpoint pens were manufactured in Reading, England, by the Miles aircraft manufacturer, to supply pilots with a lasting ink supply! Bottom line, ballpoint pens were first manufactured for the Royal Air Force during WWII."

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A NOTE FROM THE FRIENDS OF CARLISLE COA

Each December, we conduct our annual fund raising drive. Last year you responded wholeheartedly to our appeals by making a record number of donations. Did you know that all your contributions go directly and totally to support COA services and programs? For the past 20 years, the Friends have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. The Friends want to thank you for your past generosity and hope that you will continue to support us when the needs are even greater. Donations small and large are always very much appreciated. We promise to continue doing our best to ensure that your gift is used wisely and well. Look for our flyer in the mail in December, and please respond as best you can. Your tax deductible gift can be sent to the Friends of the Carlisle COA at PO Box 38, Carlisle, MA 01741. Thank you for your generous support.



CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm
(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
Outreach & Prog. Mgr. Angela Smith
asmith@carlisle.mec.edu
Transportation Coord. Debbie Farrell
coaride@carlisle.mec.edu
Admin. Assist. Linda Cavallo-Murphy
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LICSW - Peter Cullinane

COA Board Officers

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Liz Thibeault
Vice-Chair
Abha Singhal
Treasurer
Peggy Hilton
Secretary
Liz Bishop

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Lillian DeBenedictis
Walter Hickman
Donna MacMullan Jean Sain

Associate Members

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Gio DiNicola Verna Gilbert
Reuben Klickstein
Joan Rosazza Patti Russo

Support the Friends of the COA

The Friends of the Carlisle Council on Aging is a non-profit volunteer organization that seeks to enrich the lives of Carlisle's senior citizens. The Friends have worked closely with the COA since 1994 to enhance many of their programs, which directly benefit the town's senior population (nearly 25% and growing). Your gift will support and enhance current programs and services, and allow us to plan for a future in which more Carlisle residents will need such services.

In 2013-2014 your contributions were used to:

- ◆ Conduct multi-generational programs
- ◆ Provide fuel assistance for seniors in need
- ◆ Provide food certificates to qualified elderly
- ◆ Sponsor cultural and health lecture series jointly with the Gleason Library
- ◆ Conduct senior podiatry, dermatology, and blood pressure clinics
- ◆ Subsidize exercise programs such as fitness, cardio, zumba, tai chi, tap and yoga
- ◆ Underwrite medical equipment and services such as walkers and wheelchairs
- ◆ Monthly breakfasts, programs and luncheons
- ◆ New York Times Large Print Edition and Large Print Book Subscriptions for the library
- ◆ Provide support for COA van operations

These FOCCA 2013-2014 contributors have made a real and tangible difference in the quality of life for the senior population in Carlisle. We are very grateful for their support. Thank you!

Elizabeth Aquaviva
 Dr. Anand & Shobha Akerkar
 Ralph & Jane Anderson
 Ruth Armknecht
 Ita Baird
 Elizabeth Barber
 Al & Dorothy Bartlett
 Geoffrey & Martha Bentley
 Gail & John Bernardin
 Ned & Marge Berube
 Liz Bishop
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 Irene & Wayne Blake
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 Charlene & Steven Hinton
 Judith Hodges
 Dr. Bill & Lee Hoffman
 Barbara Howland & David Watson
 Ellen & Ernie Huber

Continued: Friends of The Carlisle Council on Aging 2013-2014 Contributors

Steve Huberman & Gio DiNicola	Rev. Diane Miller	Angela & Dana Smith
Ed & Bev Humm	Arthur Milliken	Holly & Louis Salemy
Nancy & Fred Iosue	Judith Morgan	Stephen Smith & Marilyn Cugini
Dr. Doris Jafferian	Hannelore Munson	Edward Sonn
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Janet Lovejoy	Dale Ryder	Helen Young
Carolyn & Jay Luby	Dr. Ed & Betty Ann Saef	Anonymous (3)
Robert Macauley	Jean & Jack Sain	<i>In Memory of</i>
Mr. & Mrs. George MacCormack	Laura & David Scarbro	Gordon Hardy
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Frank Martines	Eileen & Peter Sellew	Jean LaBroad
John & Betty McCullough	Carolyn & Craig Shaw	David McIlhenny
Barbara Melanson	Carolyn & Dick Shohet	Gabor Miskolczy
John & Robyn Meyn	Sylvia Sillers	Rose Pullara
Janice Micarelli	Mary Jane Skahan / N.Reading H.S.	

The Friends of the Carlisle COA and the Gleason Library invite you to attend the 11th Annual Carlisle Cultural and Health Lecture Series 2014-2015.

Carlisle Cultural Lecture Series

Jane Blair, artist, educator and owner of ARTMatters will return on Wednesdays at 1:30pm at St. Irene.

- March 4 - *The Northern Renaissance*
- March 11 - *Rembrandt and Vermeer*
- March 18 - *Francisco Goya* (Goya exhibit at MFA through 1/19/15)

Health Lecture Series to be held at 7:00 pm at Gleason Library on Wednesdays .

- April 8 - Dr. Jon DuBois, Director of Cancer Services at the Mass General Cancer Center at Emerson Hospital-Bethke, will present *Cancer Care in 2015: The Past, the Present and the Future*.
- April 22 - Dr. Margie Lachman, Director, Lifespan Initiative on Healthy Aging and Lifespan Lab at Brandeis will be presenting *Everything You Always Wanted to Know About Cognitive Aging (But Forgot to Ask)*
- April 29 - Lisa MacDonnell, M.T. will present *Be Your Own Best Healer-Prepare for Surgery Holistically to Heal Faster and Optimize your Brain Functioning with NeuroOptimal Neurofeedback Training*



TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours.

NOTE: Please keep driveways and sidewalks clean of snow/ice and sand if necessary.

Winter Weather/Snow Van & Class Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

Donations/Fees*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5.
*Parking fees are the responsibility of the rider.

Medical appointments

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

Local grocery /Shopping trips



Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.

Ken's NY Deli & Brick Oven Pizzeria



Monday, December 1



Join us as we travel to Ken's NY Deli & Pizzeria in Bedford. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, November 24.

Inn at Robbins Brook

Tuesday, January 6



We are off to the Inn at Robbins Brook in Acton for a delicious lunch and a tour of the facility. Van leaves VC at 10:45am and CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Friday, December 26. **Note from Robbins Brook:** you may drive yourself, but parking is limited. If possible, please call the to reserve a spot on the van.

Day Trips

Call Joanne Willens at (978) 371-8023 to register.

(Exact amount for van fee is appreciated.)



Festival of Trees

Monday, December 8



Join us on Monday, December 8 to the Elm Bank Reservation in Wellesley for the tour of "Festival of Trees" and the Snow Village at Elm Bank, presented by the Massachusetts Horticultural Society.

We start with lunch on your own at Papa Razzi Restaurant, then on to the Elm Bank Reservation for a 2pm tour. We will take the first 12 people; the entrance fee is \$5.00 and must be given when registering for the trip. Van leaves at Village Court 10am, Congregational Church at 10:15am. Van fee is \$5.00. Returning between 5-6 pm.

Please contact Joanne Willens by Tuesday, December 2 to register for this trip at (978) 371-8023.



Theatrical Happenings @ Stoneham Theatre

Thursday, December 4



Join us for another great show at Stoneham Theatre on December 4, "Meet Me in St. Louis." Ticket price is \$35.00/pp due upon registration. Lunch on your own at Felicia's restaurant. Deadline to register is November 20. Van fee \$2.00. Van leaves VC at 10:45am, CC at 11am. Return between 5-6pm. **To register contact Lillian DeBenedictis at (978) 369-1848.** Make checks payable to Carlisle COA.

FOOD COURT & Miscellaneous Activities



Chelmsford Crossing/ Minuteman Senior Services Lunch **Wednesday, December 3, 12pm**

Congregational Church is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy a gluten-free prime rib dinner, baked potato, steamed spinach and dessert. Register at (978) 371-2895 by noon on Wednesday, November 26. **Following the lunch:** Pastor Steve Weibley of the Congregational Church, COA Volunteer MJ Cramer, and Carlisle's own Walter Woodward will present "A Winter's Tale," a selection of music of the season concluding with a sing-a-long.



Monthly Coffee **Thursday, December 4, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. Coffee is hosted by Abha Singhal & Peggy Hilton. Come, enjoy good food and meet old and new friends.

"SENIOR MOMENTS" at



Monday, December 8 & 22, 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to senior attendees for coffee.



Women's Breakfast **Tuesday, December 9, 9am**



A large number of wonderful women volunteers are joining together to host a lovely breakfast on Tuesday, December 9 at 9am at the Sleeper Room, Village Court, 145 Church Street. Please register (978) 371-2895 no later than noon on Monday, December 1 (space is limited so sign up early). Come enjoy the company of your neighbors and friends.



Minuteman Reg. Tech. Lunch **Tuesday, December 9, 11:45am**



Choose from meals created with great care by the culinary arts students at Minuteman Reg. Tech. Call the COA at (978) 371-2895 no later than noon, Monday, December 1 to register. Menu choices include Crab Cakes, Roast Turkey or Vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school. Don't forget to stop in at the bakery! Bring a friend to lunch.

Men's Breakfast

Thursday, December 11, 8am



Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by a volunteer chef and helpers. Suggested donation: \$3 for Men's Breakfast.



COA Lunch **Thursday, December 18, 11:45am**



Join us at FRS and enjoy the company of your senior friends and neighbors. Santa "Nick" Lunig will be passing out goodies to all the seniors. This meal is run by our wonderful team of COA Volunteers. Menu: delicious ham dinner, dessert and cold & hot drinks. Suggested donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Wednesday, December 10. Shuttle available, see page 4. **Stay with us after lunch** for a special performance by Carlisle's own Middle School Concert Band students, directed by Kevin Maier, performing selections from a variety of genres. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. Preference given to Carlisle Seniors; out-of-towners on wait list until Wednesday, December 10.



Hair Cuts on the Go! **Monday, January 12, Town Hall**

Suzanne Hickey and Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

Outreach with Angela

Did you know?

As 2014 comes to a close, we would like to remind you of some of the areas where the Carlisle COA can help you and your family:

Outreach/Social Worker: Do you need help with an issue as you or your family member age? If so, please contact me for information and referrals. I can help you look for data on available housing options, Medicare Insurance choices, home care support, support groups, etc. The COA Social Worker, Peter Cullinane, is also available for confidential support. You can reach both of us by calling the main Council on Aging number (978) 371-2895.

Transportation: We currently have two COA vans and volunteer drivers to provide transportation for our seniors. We can take you to places such as hair salons, Dept. of Motor Vehicles, doctor appointments and food shopping. Exciting and fun day trips are offered to restaurants, museums, coastal towns like Newburyport and the city of Boston. Call (978) 371-6690 with *any* questions regarding transportation.

Fuel/Food Assistance: Based on financial eligibility, all Carlisle residents will be helped by the Carlisle COA with fuel assistance. Various programs are available for support during the winter months. No age restrictions. Income criteria for LIHEAP (Federal/State Program) is: household of one **gross annual income** of up to \$32,618, and household of two up to \$42,654. Help is also generally available from the Salvation Army Good Neighbor Fund starting in January (their income criteria is higher). Please contact the Council on Aging at (978) 371-2895 to acquire more details including income for larger households.

Are You OK: If you would like a wellness check or a call in the event of a weather-related emergency or disaster, call us for a "Special Needs" form. If you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice) or a File of Life, call the COA at (978) 371-2895.

Other Helpful Information: Check out our newsletters and other information (such as how to become a Senior Tax Worker, and Senior Resource Guide) at our COA website www.carlislema.gov/pages/carlisleMA_COA.

Medical Equipment: The Carlisle Council on Aging (COA) has medical equipment to loan to any Carlisle resident in need. We have walkers, crutches, commodes, shower chairs, grabbers, wheelchairs and more. Just call the Council on Aging (978) 371-2895 to check that we currently have the item you need "in stock."

Exercise Programs: Maybe you aren't sixty as of yet, but if you are fifty or older you are welcome to join our Fitness, Cardio, Zumba, SAMA, and Tai Chi classes. Our Tap class welcomes anyone twelve or older. We also partner with the Rec Dept. for a great Yoga class. Please stop in and try one session of any exercise program for FREE!

Volunteering: We are always looking for help. Maybe you would be willing to drive someone to a local appointment, deliver Meals on Wheels, help in the office, help with a newsletter mailing, help with programming, photography, provide information at one of our Community Conversations, or have some other talent you are willing to share. Just call the COA office to acquire more information.

Please check out our events and join in!

*Happy Holidays,
Angela!*

Community Events



Community Conversations

Tuesday, December 2, 1:30pm

Massive Open Online Course (MOOC)

Paul Morrison, a Professor in the BU Graduate School of Management, and a long-time Carlisle resident, will give a presentation on MOOCs at the Gleason Library on December 2. MOOCs is an online course aimed at unlimited participation and open access via the web. In addition to traditional course materials such as videos, readings, and problem sets, MOOCs provide interactive user forums that help build a community for students as well as their professors. Courses are generally free, and provide an opportunity for anyone to study with top educators from colleges around the world, in any subject that interests them.



Wreath Making

Wednesday, December 3, 2:30pm



The Carlisle Garden Club & the COA will host a holiday wreath making seminar, 2:30-3:30pm at St. Irene. Light refreshments will be served. Please call the COA at (978) 371-2895 to register by Fri., Nov. 21 so that we can let the Garden Club know how many wreaths will be needed. This event is for Carlisle only. Max 2 wreaths pp.; 2nd nominal fee.

Carlisle Community Book Club

Monday, December 8, 10:15am

(Gleason Library, Hollis Room)



Orphan Train by Christina Baker Kline

For info. contact Mary Zoll, (978) 369-5236.



Intergenerational Playgroup

Wednesday, December 17, 1:30pm

Carlisle Public Schools, Brick House

First Connections and the COA invite seniors and children ages 2-5 to participate in a structured playgroup. We'll read stories, sing songs, and work on a snow themed craft. Please call First Connections at (978) 287-0221 to register.



Trivia Time Answers

(Trivia questions on last page)

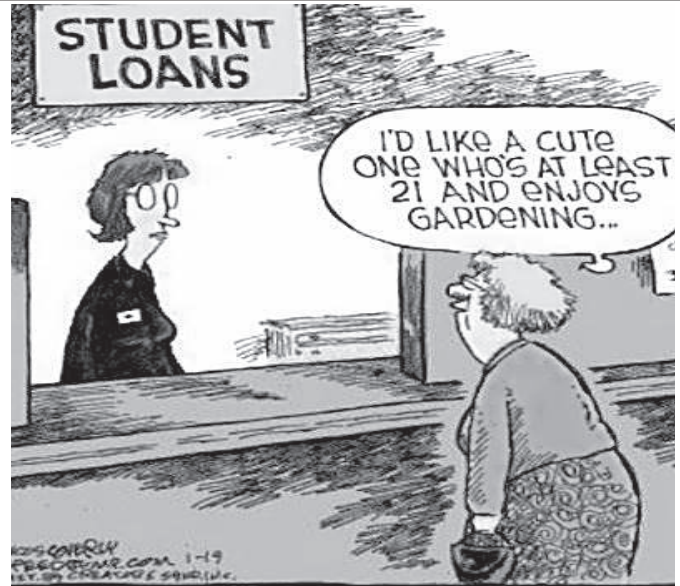


- 1) Pt. A - 16 states border Canada & the Great Lakes.

Pt. B - Alaska, Washington, Idaho, Montana, Wisconsin, Illinois, N. Dakota, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania, New York, Vermont, New Hampshire, Maine.

- 2) Pt. A - 8 states border Mexico & the Gulf of Mexico.

Pt. B - California, Arizona, N. Mexico, Texas, Louisiana, Mississippi, Alabama, Florida.



Bingo is Coming

Thursday, January 15



If you have an item that you would like to donate as a prize for our January 15 Bingo (after COA luncheon), please contact the COA at (978) 371-2895 or drop off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine, nuts, festive napkins/plates, candles, or jams. Feel free to regift.

Seasons Greetings from the COA Staff, Board & Friends



*We wish you and yours a happy and healthy
Holiday Season and a prosperous New Year!*



FOR YOUR HEALTH



EXERCISE CLASSES - Mind & Body

Note: To sign up for the following programs, call the COA office at (978) 371-2895 (**minimum # required**), unless otherwise noted. Stop in and try a class/day for **FREE** (except yoga)!

MONDAYS

December 1, 8, 15, 22 @ FRS, Union Hall

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Dec.-Feb.).

TUESDAYS

December 2, 9, 16, 23 @ St. Irene

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Dec.-Feb.).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Dec.-Feb.).

Ballroom Dancing - 2pm on 12/2 & 12/16. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS

December 3, 10, 17 @ St. Irene

Yoga - 9:30-10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS

December 4, 11, 18

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Dec.-Feb.).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Dec.-Feb.).

FRIDAYS

December 5, 12, 19

SAMA (Senior Approach to Maintaining Ability) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com or call the COA.

FREE Blood Pressure Clinics

Wednesday, December 3, 11:30am

Chelmsford Crossing Lunch

Congregational Church, sponsored by COA Volunteer.

Thursday, December 4, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Tuesday, December 9, 9am

Women's Breakfast Sleeper Room, sponsored by Home Instead.

Thursday, December 11, 8am

Men's Breakfast Sleeper Room, sponsored by Home Instead.

Thursday, December 18, 11am

COA Monthly Lunch, FRS, sponsored by FOCCOA and Emerson Home Care.

Monday, December 22, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic



Tuesday, January 6

(Benfield, 2nd Fl., 575 South St.)

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



Inside Walking @

Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open.

Caregiver Support Group




Monday, December 8, 3:30pm

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** Support Group at Gleason Library, Hollis Rm. For more information, please email: amorowse@chater.net.

December 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Restaurant Review: Ken's Deli & Pizzeria VC 10:45am, CC 11am Tap - 1:30pm FRS	2 Senior Poetry - 9:45am, Town Hall Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Ballroom - 2pm St. Irene Community Conversation 1:30pm, Gleason Library: MOOCs	3 Yoga - 9:30am Chelmsford Crossing Lunch - 12pm, BP 11:30am at Congo Church; <i>following</i> <i>lunch:</i> "A Winter's Tale," - seasonal music & sing-a-long. Wreath Making - 2:30pm, St. Irene	4 COA Coffee & BP - 9am Sleeper Rm. Fitness - 9:45am Cardio - 10:45am Stoneham Theatre's - "Meet Me at St. Louis" VC 10:45am, CC 11am	5 Grocery Shopping - VC 9am SAMA - 10:45am	6
7	8 Sr. Moments - 9:30am Ferns Festival of Trees - VC 10am, CC 10:15am Book Club - 10:15am Gleason Library Tap - 1:30pm FRS Caregiver Support - 3:30pm, Gleason Lib.	9 Women's Breakfast - 9am Sleeper Rm., BP 9am Zumba - 10:45am St. Irene Minuteman Reg. Tech. Lunch - 11:45am Tai Chi - 12:30pm St. Irene	10 Yoga - 9:30am	11 Men's Breakfast & BP - 8am Sleeper Rm. Fitness - 9:45am Cardio - 10:45am	12 Grocery Shopping - VC 9am SAMA - 10:45am	13
14	15 Tap - 1:30pm FRS	16 Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Ballroom - 2pm St. Irene Hanukkah begins 	17 Yoga - 9:30am Intergenerational Structured Playgroup - 1:30pm Carlisle Public School, Brick House	18 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11am at FRS; <i>following lunch:</i> Carlisle Middle School Concert Band	19 Grocery Shopping - VC 9am SAMA - 10:45am	20
21 Winter Begins 	22 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm FRS	23 Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene	24 Hanukkah ends Christmas Eve	25 COA Closed 	26 Boxing Day 	27
28	29	30 Tai Chi - 12:30pm St. Irene	31  New Year's Eve		NOTE: Inside walking - Mon.-Fri. 6:45 -7:30am CPS See pg. 8 for more info.	



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

The Inn at Robbins Brook

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Call Today! 978-264-4666



Carlisle Council on Aging

Serving Carlisle's 60+ Community
66 Westford Street, Carlisle, MA 01741
(978) 371-2895 - www.carlislema.gov

Important 2015 Dates to Remember:

- * COA Valentine Lunch & Tea - Thursday, February 19
- * Spring Day Light Savings - Sunday, March 8 at 2am
- * Carlisle Town Meeting - Scheduled for Monday, April 27
- * Carlisle Town Election - Scheduled for Tuesday, May 5
- * Spring Fling - Friday June 5
- * Fall Day Light Savings - Sunday, November 1 at 2am

Carlisle Town Holidays Town Hall Closed

Jan. 1 - New Year's Day
Jan. 19 - Martin Luther King Day
Feb. 16 - Presidents Day
Apr. 20 - Patriot's Day
May 25 - Memorial Day
July 3 - In Honor of Independence Day
Sept. 1 - Labor Day
Oct. 12 - Columbus Day
Nov. 11 - Veterans Day
Nov. 26 - Thanksgiving Day
Nov. 27 - Day after Thanksgiving
Dec. 25 - Christmas Day

"The thunderbolt falls on an inch of ground,
but the light of it fills the Horizon"

Ralph Waldo Emerson

JANUARY 2015							FEBRUARY 2015							MARCH 2015						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
				<u>1</u>	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	<u>16</u>	17	18	19	20	21	15	16	17	18	19	20	21
18	<u>19</u>	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

APRIL 2015							MAY 2015							JUNE 2015						
Su	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
			1	2	3	4						1	2		1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	<u>20</u>	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	<u>25</u>	26	27	28	29	30	28	29	30				
							31													

JULY 2015							AUGUST 2015							SEPTEMBER 2015						
Su	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
			1	2	3	<u>4</u>						1				1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	<u>7</u>	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30			
							30	31												

OCTOBER 2015							NOVEMBER 2015							DECEMBER 2015						
Su	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	<u>11</u>	12	13	14	6	7	8	9	10	11	12
11	<u>12</u>	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	<u>26</u>	27	28	20	21	22	23	24	<u>25</u>	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Director: David Klein (978) 371-6693
Program Manager: Angela Smith (978) 371-2895
& Outreach Coord.

Transportation Coordinator: Debbie Farrell (978) 371-6690
Administrative Assistant: Linda Cavallo-Murphy (978) 371-2895

COA Office Hours: Mon. - 9 AM to 5 PM, Tues. - Thurs. - 9 AM to 3 PM, & Fri. 9 AM to 1 PM

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For Information
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THERE'S SOMETHING FOR EVERYONE INSIDE

(Check out Page 10 for your F R E E 2015 Calendar)



Trivia Time



- 1) Pt. A - How many U.S. States border Canada and the Great Lakes? Pt. B - Name as many as you are able.
- 2) Pt. A - How many U.S. States border Mexico and the Gulf of Mexico? Pt. B - Name as many as you are able.

Hint - There are more than you'd think! Check page 7 for the answers.

Carlisle Community Chorus

Tuesday, January 13, 7pm



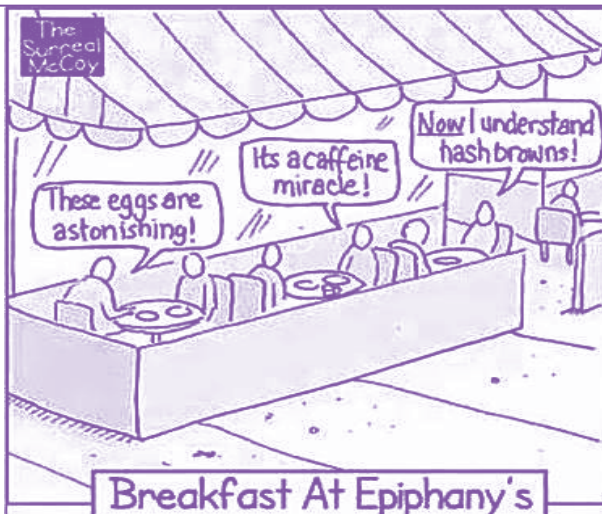
Presents
"A Musical Feast!"

Corey Auditorium
Carlisle Public Schools



Free Admission

Non perishable food items for the Merrimack Valley
Food Bank are appreciated. Reception afterwards.



This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest
for their support of COA programs and their assistance over the years.